

What is claimed is:

[1] A connecting terminal formed from a single metal plate comprising a rectangular tube-like connecting portion including a bottom plate, a first side plate connected to the bottom plate, a top plate connected to the first side plate, and a second side plate connected to the top plate; a movable contact strip formed by folding a strip-like member which extends in parallel with a side portion of said bottom plate and is coupled with said bottom plate at a rear portion and has a free end, over said bottom plate within the connecting portion, said strip-like member being further bent into a shape of mountain such that an apex of the mountain constitutes a contact portion; a reinforcing strip having a rear end connected to said bottom plate and a free end, said reinforcing strip being formed by cutting a portion of the bottom plate and bending the thus cut portion inwardly such that the free end of the reinforcing strip supports the movable contact strip; and a guide strip for guiding a corresponding male type connecting terminal of the electrical connector, said guide strip being formed by folding back a strip-like portion provided at the front end of the bottom plate such that said guide strip covers a front end of the movable contact strip.

[2] The connecting terminal according to claim 1, wherein said free end of the reinforcing strip supports said contact portion of the movable contact strip from underneath.

[3] The connecting terminal according to claim 1, wherein ribs are formed in rear portion of the movable contact strip as well as in a corresponding portion of the bottom plate.

[4] The connecting terminal according to claim 1, wherein said rear portion of the movable contact strip is fused to the bottom plate.

[5] The connecting terminal according to claim 1, wherein said movable contact strip has formed wing portions on both sides, said wing portions being inserted movably into holes formed on the first and second side plates.